

# Group Exercise Strength & Conditioning

## Early Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:15am</b> <b>Total Body Conditioning</b> Studio B Nicole	<b>5:15am</b> <b>CS Indoor Cycle</b> Studio B Nicole	<b>5:15am</b> <b>Total Body Conditioning</b> Studio B Nicole	<b>5:15am-5:45am</b> <b>Jillian Michaels BODYSHRED™</b> Studio A Stephanie	<b>5:15am</b> <b>CS Indoor Cycle</b> Studio B Stephanie		

## Morning & Afternoon

<b>8:30am-9:10am</b> <b>Silver Sneaker Classic</b> Studio A Frieda		<b>8:30am-9:10am</b> <b>Silver Sneaker Classic</b> Studio A Frieda		<b>8:30am-9:00am</b> <b>Jillian Michaels BODYSHRED™</b> Studio A Theresa	<b>8:15am-8:45am</b> <b>Jillian Michaels BODYSHRED™</b> Studio B Stephanie	
<b>9:20am</b> <b>R.I.P.P.E.D</b> Studio A Theresa	<b>9:15am</b> <b>Indoor Boot Camp</b> Studio B Jodi	<b>9:20am</b> <b>R.I.P.P.E.D</b> Studio A Theresa	<b>9:15am</b> <b>Indoor Boot Camp</b> Studio B Jodi	<b>9:20am</b> <b>Step It Up</b> Studio B Theresa	<b>9:15am</b> <b>Indoor Cycle</b> Studio B Stephanie	
<b>10:30am</b> <b>Silver Sneakers Circuit</b> Studio A Michelle	<b>10:30am</b> <b>Silver Sneaker Classic</b> Studio A Michelle/Frieda	<b>10:30am</b> <b>Silver Sneakers Cardio Fit</b> Studio A Michelle	<b>10:30am</b> <b>Silver Sneaker Classic</b> Studio A Michelle/Frieda	<b>10:30am</b> <b>Senior Cycle &amp; Strength</b> Studio B Henry	<b>11:20am-11:50am</b> <b>Jillian Michaels BODYSHRED™</b> Studio A Nancy	

## Evening

<b>6:00pm-6:50pm</b> <b>HIIT the Cycle</b> Studio B Henry T	<b>6:20pm-6:50pm</b> <b>Flex Power-Upper</b> Studio A Aya	<b>6:00pm-6:50pm</b> <b>HIIT the Cycle</b> Studio B Henry T	<b>6:20pm-6:50pm</b> <b>Flex Power-Lower</b> Studio A Aya			
<b>6:00pm</b> <b>Total Body Conditioning</b> Studio A Aaron	<b>7:00pm</b> <b>HIIT the Cycle</b> Studio B Aya	<b>6:00pm</b> <b>Total Body Conditioning</b> Studio A Aaron	<b>7:00pm</b> <b>HIIT the Cycle</b> Studio B Aya	<b>6:10pm-7:40pm</b> <b>Road Warrior</b> Studio B Henry T		

7-7-2016 to 7-31-2016

Class are approximately 50 minutes unless stated.

**CS Indoor Cycle** This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome and the specific class programming depends entirely on the instructor teaching it. Remember to bring a towel and water bottle!

**Flex Power UPPER/LOWER** is an anaerobic (non-aerobic) class that brings weight training and body sculpting to the studio in an original group format. Upper refers to upper body and Lower refers to Lower body. Please arrive 5 minutes before class to set up your equipment.

**JILLIAN MICHAELS BODYSHRED™** is a high intensity and endurance based 30 minute workout. S.H.R.E.D. stands for: Synergistic, High-Intensity, Resistance, Endurance, and Dynamics. This class utilizes Jillian's very own 3-2-1 interval approach, which is 3 minutes of strength, 2 minutes of cardio, and 1 minute of abs. You will shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.

**Legs & Core-** Need we say more? Targeted resistance training designed to condition and shape the legs and core area.

**R.I.P.P.E.D.** – The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format.

**Road Warrior Cycling** This 90 minute indoor cycling class is for the hard core road cyclist and fitness fanatic. Great to prepare you for the road or just give you the extra calorie burn you might be looking for.

**Senior Cycle & Strength** This original format is designed for the healthy senior in mind that enjoys Indoor Cycling and Strength Training! Great class to improve cardiovascular activity while increasing your strength!

**Silver Fit Camp** Offers a boot camp type atmosphere for the older adult. This workout is designed to give you the safest and most effective workout while trying new things. This hour long class will offer you cardio and strength building exercises. There are no limits in this class.

**Silver Sneakers (Cardio Fit)** Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

**Silver Sneakers (Circuit)** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**Silver Sneakers (Classic)** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Activate your urge for variety!

**Step 101** class combines basic combos for the beginner on an adjustable step while providing a background in the basic components of step movements and terminology.

**Step it Up** Utilizing the step in many positions & heights, this compelling cardio program strengthens & shapes the lower body one step at a time.

**Tabata Bootcamp** This class is a combination of intense HIIT conditioning exercises mixed with variable timed Tabata sequences. This class is excellent for "muscle confusion" without confusing the class attendee. If you want to burn calories, get in amazing shape, and like variety this is the class for you!


**Total Body Conditioning** This high energy class works the entire body using various mode of fitness! In this class you will be working strength, conditioning, and agility.

All fitness levels welcome!

# Group Exercise

## Mind, Body, and Movement


### Early Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:15am</b> <b>Pilates-Mat</b> Studio A Stephanie			<b>5:50am-6:20am</b> <b>Foam Roll &amp; Stretch</b> Studio A Stephanie	<b>5:15am</b> <b>Rise&amp;Shine Yoga</b> Studio A Taryn		
	 <p><b>Yoga for Vets</b> (<a href="http://www.yogaforvets.org/">http://www.yogaforvets.org/</a>) Copper Sky is proud to be a part of such an awesome organization and support our Veterans! All Maricopa Veterans are welcome to attend <u>any</u> Copper Sky Yoga class for free with Valid Veteran ID and picture ID. (VA I.D. or DD214 with Picture I.D.).</p>					

### Morning & Afternoon

<b>9:15am</b> <b>Yoga</b> <b>Vinyasa Flow</b> Studio B Stephanie		<b>9:15am</b> <b>Yoga</b> <b>Power Flow</b> Studio B David	<b>8:15am</b> <b>Yoga</b> <b>Slow Flow</b> Studio A David	<b>9:15am</b> <b>Pilates-Mat</b> Studio A Stephanie	<b>8:15am</b> <b>Yoga</b> <b>Relaxation</b> Studio A Vickie	
<b>10:15-11:00am</b> <b>Pound: Rockout. Workout®</b> Studio B Maria	<b>9:15am</b> <b>Zumba®</b> Studio A Nancy	<b>10:15-11:00am</b> <b>Pound: Rockout. Workout®</b> Studio B Maria	<b>9:15am</b> <b>Zumba®</b> Studio A Nancy	<b>10:15-10:55am</b> <b>Pound: Rockout. Workout®</b> Studio A Maria	<b>9:15am-10:00am</b> <b>Pound: Rockout. Workout®</b> Studio A Josie/Maria	<b>11:30am</b> <b>Zumba®</b> Studio A Clarissa
<b>11:05am-11:55am</b> <b>Zumba®</b> Studio B Maria	<b>10:30am</b> <b>PIYO®</b> Studio B Jodi	<b>11:05am-11:55am</b> <b>Zumba®</b> Studio B Maria	<b>10:30am</b> <b>PIYO®</b> Studio B Jodi	<b>11:05am-11:55am</b> <b>Zumba®</b> Studio A Maria	<b>10:15am</b> <b>Pilates-Mat</b> Studio B Stephanie	
				<b>12:00pm</b> <b>Yoga</b> <b>Vinyasa Flow</b> Studio A David	<b>10:15am</b> <b>Zumba®</b> Studio A Nancy	

### Evening

<b>7:00pm</b> <b>Yoga</b> <b>Relaxation</b> Studio B Vickie	<b>6:00pm</b> <b>Yoga for Jocks</b> Studio B Taryn	<b>7:00pm</b> <b>Yoga</b> <b>Relaxation</b> Studio B Vickie	<b>6:00pm</b> <b>Yoga for Jocks</b> Studio B Taryn		 <p><b>Yoga for Vets</b> (<a href="http://www.yogaforvets.org/">http://www.yogaforvets.org/</a>) Copper Sky is proud to be a part of such an awesome organization and support our Veterans! All Maricopa Veterans are welcome to attend <u>any</u> Copper Sky Yoga class for free with Valid Veteran ID and picture ID. (VA I.D. or DD214 with Picture I.D.).</p>	
<b>7:00pm</b> <b>Zumba®</b> Studio A Josie	<b>7:00pm</b> <b>Zumba Toning®</b> Studio A Josie	<b>7:00pm</b> <b>Zumba®</b> Studio A Josie	<b>7:00pm</b> <b>Zumba Toning®</b> Studio A Josie			

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**Pilates–Mat** is a system of controlled exercises that engages the mind and conditions the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. This class will be performed mostly on an exercise mat.

**PIYO**® is a **Pilates** and **Yoga** inspired athletic workout that includes flexibility and strength training, conditioning and cardio movement to keep the heart rate up and the body burning fat. Yoga mat required (we have limited available); also bring a towel and plenty of water!

**POUND:Rockout.Workout.**® is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Copper Sky provides the Rip Sticks, but you are more than welcome to bring your own.

**Rise&Shine Yoga** Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. This class combines a series morning routines designed to jump start your day, wake up your body and get your energy flowing! This is a wonderful way to stretch and tone the body and the mind for a positive day ahead.

**Yoga Power Flow** Vigorous fitness-based yoga class with more challenging asanas (poses) sequenced to focus on strength and flexibility. All fitness and experience levels welcome and encouraged!

**Yoga Vinyasa Flow** This form of yoga is a “breath-synchronized with movement” class using traditional asanas (poses) to increase stamina, build strength, and improve flexibility. All fitness and experience levels from first timers to advanced yogis are welcome!

**Yoga for Jocks** Based in the principles of Yin Yoga, also known as the quiet practice, this type of yoga works on opening the deep connective tissues and joints of the body improving flexibility and range of motion. All levels welcome!

**Yoga Slow Flow** is a relaxing mix of slow flow vinyasa movement and static postures with deeper enhanced breathing designed to increase flexibility, calm the mind and relax the body. All levels welcome.

**Yoga Relaxation** Leave your stress and worries on the yoga mat and relax your mind and muscles with this calming yoga class.

**ZUMBA**® A Latin-inspired, dance-fitness class that incorporates Latin dance movements. This class format combines fast and slow rhythms that tone and sculpt the body.

**ZUMBA TONING**® Combines targeted body-sculpting exercises and high-energy Latin-infused Zumba moves to create a calorie-torcing, strength-training class.

**Yoga for Vets** (<http://www.yogaforvets.org/>) Copper Sky is proud to be a part of such an awesome organization and support our Veterans! All Maricopa Veterans are welcome to attend **any** Copper Sky Yoga class for free with Valid Veteran ID and picture ID. (VA I.D. or DD214 with Picture I.D.).





# Group Exercise

## Aqua Fitness

### Morning & Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:30am-10:00am</b> <b>Aqua Tabata</b> Pool Michelle	<b>8:15am-9:00am</b> <b>Aqua-Swim Bootcamp</b> Pool Michelle	<b>9:30am-10:00am</b> <b>Aqua Tabata</b> Pool Michelle	<b>8:15am-9:00am</b> <b>Aqua –Swim Bootcamp</b> Pool Michelle			
	<b>9:15am-10:00am</b> <b>Silver Sneakers Splash</b> Pool Michelle		<b>9:15am-10:00am</b> <b>Silver Sneakers Splash</b> Pool Michelle	<b>9:15am</b> <b>Aqua Fit</b> Pool Henry		

**Aqua Fit** This shallow water workout includes calisthenics style movements with variations of upper and lower body moves. As the participant, you manipulate the water to create your preferred level of intensity.

**Aqua-Swim Bootcamp:** This is a unique blend of Aqua Tabata and some swimming.

**Aqua Tabata** This fast paced aqua class uses the latest High Intensity Interval Training (HIIT) techniques, also known as Tabata, to get the blood flowing and the fat burning to maximized conditioning and after workout fat burning!.

**Silver Sneakers (Splash)** Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.